

WEATHER FORECAST

Mostly sunny with scattered clouds. Light to moderate easterly wind. High 30-32, low 24-26. Rainfall 0-5 mm.

Source: Bureau of Meteorology, DOST

Second FRONT PAGE

By JAY R. KIMBLE (Special to the Philippine Daily Inquirer from the U.S. Embassy in Manila)

WEATHER	TEMPERATURE	WIND	RAIN
Manila	30-24	10-15	0-5
Cebu	30-24	10-15	0-5
Davao	30-24	10-15	0-5
Iloilo	30-24	10-15	0-5
Baguio	20-24	10-15	0-5
Alor	30-24	10-15	0-5
Surigao	30-24	10-15	0-5
Butuan	30-24	10-15	0-5
Zamboanga	30-24	10-15	0-5



PHILIPPINEAN CHRISTMAS AND NEW YEAR

Manila, Philippines (Inquirer Staff Writer) — Christmas celebrations in the Philippines are a mix of religious and secular traditions. The most popular is the "Noche Buena" dinner, which is a large meal shared with family and friends. The celebration is often accompanied by the playing of Christmas music and the lighting of candles.



DNA tests sought for 6 US soldiers in Subic rape case

By JAMES O'NEAL
and JAMES O'NEAL

MANILA, Philippines — A group of six US soldiers in Subic Bay, Philippines, are being investigated for a rape case. The soldiers are being held in a military facility. The case is being handled by the US military and the Philippine authorities. The soldiers are being held in a military facility. The case is being handled by the US military and the Philippine authorities.

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'HEROES' IN DISTRESS

4,775 OFWs in jail

By JAMES O'NEAL


MANILA, Philippines — A group of 4,775 Overseas Filipino Workers (OFWs) are being held in a military facility. The case is being handled by the US military and the Philippine authorities. The soldiers are being held in a military facility. The case is being handled by the US military and the Philippine authorities.

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Pangalawang pagpapalitan ng mga produkto sa loob ng isang buwan



GOVERNMENT SERVICE INSURANCE SYSTEM

Ang pagpapalitan ng mga produkto sa loob ng isang buwan

Palace hopes more senators follow Pimentel

By JAMES O'NEAL

MANILA, Philippines — The Palace hopes that more senators will follow the lead of Senator Pimentel in supporting the proposed constitutional amendments. The Palace is currently in a state of flux, with many senators still undecided on whether to support the amendments. The Palace is currently in a state of flux, with many senators still undecided on whether to support the amendments.



PHILIPPINE DAILY TRIBUNE

PHILIPPINE DAILY TRIBUNE

Strong heart weeping in child's life— by Mrs. J. B. Jones

The first of the new year has brought with it a new spirit of hope and optimism. The people of the Philippines are looking forward to a bright future and a better life for all.

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AFP wraps up wiretap probe sums Garci side

By Cesar E. Pae III

Manila, Philippines (AP) — A probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

The PNP said the two men, a 35-year-old man and a 30-year-old man, were arrested on charges of illegal wiretapping and possession of a mobile phone.

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PRETIN

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Garcillano protected by armed Moro groups

Manila, Philippines (AP) — A probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

Moro is not a threat

The probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

Mor Group is Reported

The probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

Many more every day

The probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.



Sen. Antonio Trillanes (right) and Sen. Antonio Trillanes (left) are seen in a photo taken by a PNP officer.

The probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

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The probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

Ong dared to produce 'Hello Garci' original tape

Manila, Philippines (AP) — A probe into the alleged wiretapping of a senator's office by the Philippine National Police (PNP) has ended with the arrest of two men and the seizure of a tape recorder and a mobile phone.

Has already been

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MANILA, PHILIPPINES

Vatican keeping tabs on Philippine politics

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[illegible]

1997 *Journal of the American Academy of Child and Adolescent Psychiatry* 36:103-110

¹ <http://www.who.int>

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¹ *Journal of the American Medical Association*, 283, 2623-2628 (2000).

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1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.



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 2. **Title:** [Title]
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The WORLD

One Letter at a Time

UN: AIDS epidemic looms in Indonesia

MANILA—INDONESIA, THE WORLD'S FOURTH most populous nation, is on the verge of an AIDS epidemic that could cut greatly its life expectancy. United Nations' chief says that and World Bank says it's a disaster.

The UN's World Health Organization (WHO) says that the number of people living with HIV in Indonesia has risen to 1.2 million, up from 1 million in 2005. The WHO says that the number of people who have died of AIDS in Indonesia has risen to 100,000, up from 50,000 in 2005.

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Meet seeks to ease global warming dispute

UNITED NATIONS, NOVEMBER 11—A meeting of world leaders to ease global warming dispute is under way in Bali, Indonesia. The meeting is the first of its kind since the 2007 climate summit in Bali.

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Burma extends Sun Kyi's house arrest by 6 months

MANILA—BURMA HAS EXTENDED THE house arrest of opposition leader Sun Kyi for six months. The extension is the latest in a series of moves to silence critics of the government.

INQUIRER Philippine Task



Philippines on the edge of a crisis

The Philippines is a country of 7,100 islands, 17,000 rivers and streams, and 100,000 lakes. It is a country of great natural beauty and rich cultural heritage. But it is also a country of great environmental challenges. The Philippines is a country of great natural beauty and rich cultural heritage. But it is also a country of great environmental challenges.

The Philippines is a country of great natural beauty and rich cultural heritage. But it is also a country of great environmental challenges. The Philippines is a country of great natural beauty and rich cultural heritage. But it is also a country of great environmental challenges.

INQUIRER

Muslims start call for more Hindu kids

MANILA—MUSLIMS IN THE PHILIPPINES have started a campaign to encourage more Hindu children to join their faith. The campaign is the latest in a series of moves to promote religious tolerance.

World leaders

A meeting of world leaders to ease global warming dispute is under way in Bali, Indonesia. The meeting is the first of its kind since the 2007 climate summit in Bali.



Do you think that the 6 US Marines accused of rape should remain in the Philippines?

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ENTERTAINMENT

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KITCHIE
with her son
Keanu
Kitchie's manager

Kitchie's manager speaks up

MANILA, Philippines—Kitchie Temples' manager, Keanu Temples, has spoken up about the rumors that his daughter is pregnant. He says that the rumors are "just a rumor" and that Kitchie is "a very private person."

Kitchie Temples is a popular Filipino singer and actress. She has released several albums and has starred in several movies. She is currently on tour in the Philippines.

Keanu Temples is Kitchie's manager and her only son. He has been in the entertainment industry for several years and has managed several other artists.

Kitchie Temples is expected to release a new album in the near future. She is also expected to star in a new movie.



KITCHIE
Temples

Kitchie Temples is a very private person. She does not like to be in the spotlight and she does not like to be asked about her personal life.

Keanu Temples is a very private person. He does not like to be in the spotlight and he does not like to be asked about his personal life.

Kitchie Temples is a very private person. She does not like to be in the spotlight and she does not like to be asked about her personal life.

Keanu Temples is a very private person. He does not like to be in the spotlight and he does not like to be asked about his personal life.

Gov't radio balks at all-OPM plan

By RICHARD D. COLE

"HAVE YOU EVER HEARD OF THE 'H' in OPM?"

The radio industry is a hotbed of controversy. The radio industry is a hotbed of controversy. The radio industry is a hotbed of controversy.

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Do You Know...

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THE ADVENTURE BEGINS TOMORROW

WHO YOU CALLIN' CHICKEN?

chicken little

Opposition afraid of gay?

Is this my choice?

POLITICAL
TODAY'S



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A golden rule for

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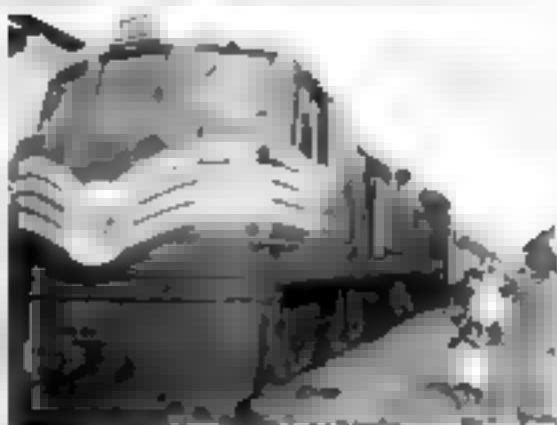
Some notes on Mindanao

13



Logging doesn't have to destroy biodiversity

40 L/T



Neilsen, H. 1991. *Journal of Fish Biology* 38: 1-14.

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Andersen, M. 1995. In *et al.* *et al.*

4. **Introduction** of the **all** **users**

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TABLE 1. Summary of the 1000 Genomes Project

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See also

500

METRO

MMDA target: Unsafe buses

By Ben C. Reyes

1. MMDA will
 conduct an audit of all buses
 operating in Metro Manila.
 The audit will be completed by
 the end of the month.

2. The audit will
 focus on the safety of the
 buses, particularly the
 condition of the vehicle and
 the driver.

By Ben C. Reyes

Why? If believe
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On Tandang



By Ben C. Reyes

1. The audit will
 be conducted by the MMDA
 and the Department of
 Transportation.

2. The audit will
 be completed by the end of
 the month.

3. The audit will
 focus on the safety of the
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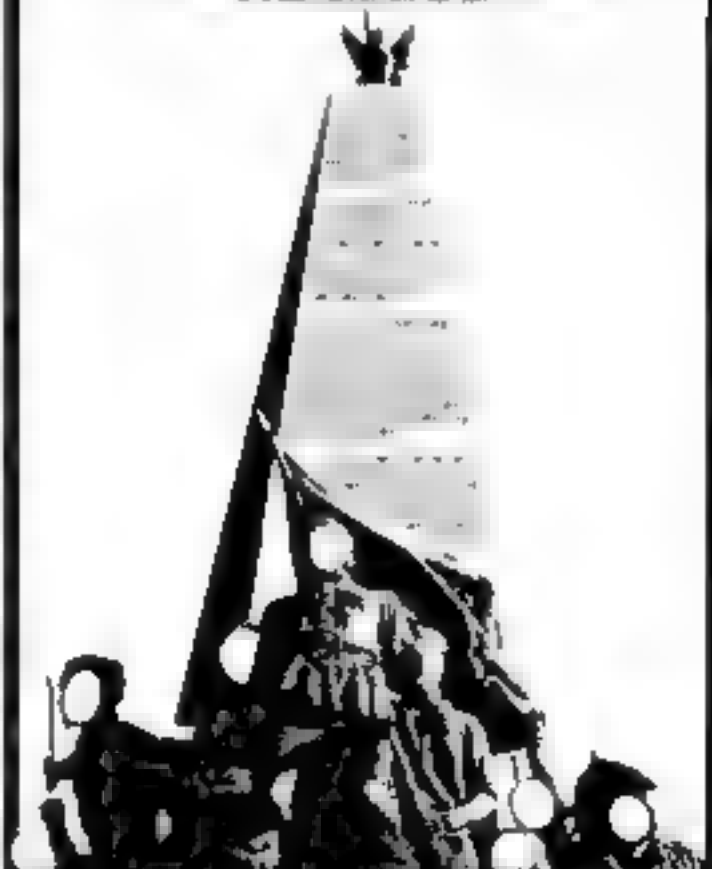
24. The audit will
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25. The audit will
 focus on the safety of the
 buses, particularly the
 condition of the vehicle and
 the driver.

Buhay, sa Araw ng mga Bayan

WANTED: Mga Magiting at Marangal na Pilipino!

Ang ating mga magiting at marangal na Pilipino ay ang ating mga bayani at bayaniña. Sila ang mga taong nagtatanggol sa ating bansa at sa ating mga kababaihan. Sila ang mga taong nagtatanggol sa ating mga magiting at marangal na Pilipino.



Magiting at Marangal: Ipaglaban ang ating bansa!

DIKHA NG MATA

RP athletics bets seize four golds

By Thomas R. Canino

THE PHILIPPINE ATHLETICS FEDERATION reported it is all over for the 10th Asian Youth Championships. The team won four gold medals, two silver and two bronze.



Philippine athletes won four gold medals in the 10th Asian Youth Championships.



SEA Games MEDAL TALLY

10th SEA Games Medal Tally



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Ominous 4-gold romp by RP jins

Rank	Name	Age	Weight	Style	Points
1	Yoon, Joon	24	55kg	Shot	100
2	Yoon, Joon	24	55kg	Shot	95
3	Yoon, Joon	24	55kg	Shot	90
4	Yoon, Joon	24	55kg	Shot	85
5	Yoon, Joon	24	55kg	Shot	80
6	Yoon, Joon	24	55kg	Shot	75
7	Yoon, Joon	24	55kg	Shot	70
8	Yoon, Joon	24	55kg	Shot	65
9	Yoon, Joon	24	55kg	Shot	60
10	Yoon, Joon	24	55kg	Shot	55
11	Yoon, Joon	24	55kg	Shot	50
12	Yoon, Joon	24	55kg	Shot	45
13	Yoon, Joon	24	55kg	Shot	40
14	Yoon, Joon	24	55kg	Shot	35
15	Yoon, Joon	24	55kg	Shot	30
16	Yoon, Joon	24	55kg	Shot	25
17	Yoon, Joon	24	55kg	Shot	20
18	Yoon, Joon	24	55kg	Shot	15
19	Yoon, Joon	24	55kg	Shot	10
20	Yoon, Joon	24	55kg	Shot	5



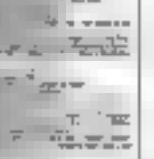
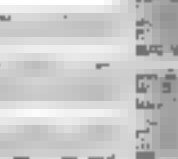
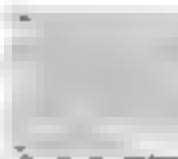
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5	Yoon, Joon	24	55kg	Shot	80
6	Yoon, Joon	24	55kg	Shot	75
7	Yoon, Joon	24	55kg	Shot	70
8	Yoon, Joon	24	55kg	Shot	65
9	Yoon, Joon	24	55kg	Shot	60
10	Yoon, Joon	24	55kg	Shot	55
11	Yoon, Joon	24	55kg	Shot	50
12	Yoon, Joon	24	55kg	Shot	45
13	Yoon, Joon	24	55kg	Shot	40
14	Yoon, Joon	24	55kg	Shot	35
15	Yoon, Joon	24	55kg	Shot	30
16	Yoon, Joon	24	55kg	Shot	25
17	Yoon, Joon	24	55kg	Shot	20
18	Yoon, Joon	24	55kg	Shot	15
19	Yoon, Joon	24	55kg	Shot	10
20	Yoon, Joon	24	55kg	Shot	5

Pabillore, Malalad secure karate golds

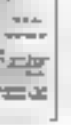
By Jopie Ranao



RP athletics grab four victories



Quina win sparks 3-gold wushu splurge



Raccolto rally could turn bloody

by Jopie Ranao

It's a rally to support the government, but it could turn into a riot, according to some observers. The rally is scheduled for tomorrow in the capital, Manila. The government has been accused of human rights abuses, and the opposition has been demanding reforms. The rally is expected to be a large gathering of people, and there are concerns that it could turn into a riot. The government has been accused of human rights abuses, and the opposition has been demanding reforms. The rally is expected to be a large gathering of people, and there are concerns that it could turn into a riot.

Quina win sparks 3-gold wushu splurge

by Jopie Ranao

The victory of Quina in the wushu competition has sparked a surge of interest in the sport. The Philippines has won three gold medals in wushu, a significant achievement. The athletes have been praised for their performance, and the victory has inspired many young people to take up the sport. The Philippines has won three gold medals in wushu, a significant achievement. The athletes have been praised for their performance, and the victory has inspired many young people to take up the sport.

RP athletics grab four victories

by Jopie Ranao

The Philippines has won four gold medals in athletics, a significant achievement. The athletes have been praised for their performance, and the victory has inspired many young people to take up the sport. The Philippines has won four gold medals in athletics, a significant achievement. The athletes have been praised for their performance, and the victory has inspired many young people to take up the sport.

Pabillore, Malalad secure karate golds

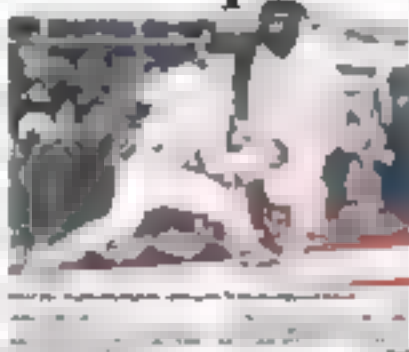
by Jopie Ranao

The Philippines has won two gold medals in karate, a significant achievement. The athletes have been praised for their performance, and the victory has inspired many young people to take up the sport. The Philippines has won two gold medals in karate, a significant achievement. The athletes have been praised for their performance, and the victory has inspired many young people to take up the sport.

Angeles strikes gold; Viet foils Franquelli

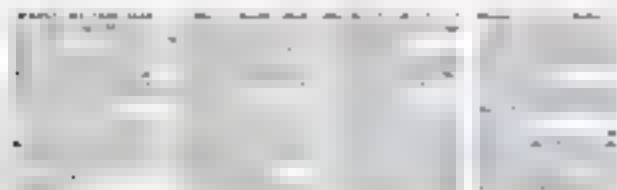
Filipino boxers in blazing start

Manila, Sept. 19 (AP) — The Philippines' boxing team made a blazing start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's flyweight division. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.



Manila, Sept. 19 (AP) — The Philippines' boxing team made a blazing start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's flyweight division. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.

Molina, Totten lead RP swim bid



Manila, Sept. 19 (AP) — The Philippines' swimming team made a strong start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's 100-meter freestyle. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.

Divers pluck 3 more golds

Manila, Sept. 19 (AP) — The Philippines' diving team made a strong start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's 10-meter platform. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.



Manila, Sept. 19 (AP) — The Philippines' diving team made a strong start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's 10-meter platform. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.

Politically correct view of SEA Games

Manila, Sept. 19 (AP) — The Philippines' SEA Games team made a strong start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's 10-meter platform. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.



Sepak takraw teams advance

Manila, Sept. 19 (AP) — The Philippines' sepak takraw team made a strong start at the 1998 Asian Games in Bangkok, Thailand, by winning gold in the men's 10-meter platform. The team's first victory was a 10-round unanimous decision over Vietnam's Phan Thanh.

Bad break denies Llorin pistol gold

By James H. Hays

PHOTO BY AP/WIDEWORLD



AP/WIDEWORLD

Underdogs win more than 7 medals this time

Underdog snooker bets stun Thailand



AP/WIDEWORLD

Bowlers set out to regain SEA Games glory

Volcyberles notch second win against Indonesians

By James H. Hays

Torre blunders away rapid chess title bid



AP/WIDEWORLD

By James H. Hays

Old enemies come together for sports

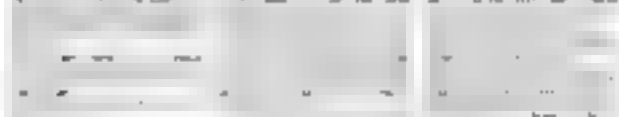
By James H. Hays



AP/WIDEWORLD

Early exit for overmatched Filipino shuttlers

By James H. Hays



AP/WIDEWORLD

SPORTS

Paraguay stuns Slovak GM

Nets thwart Kobe's 46-point effort

Capitol seniors still way ahead



Seniors in the Capitol... (The text is mostly illegible due to low resolution, but appears to be a continuation of the article about seniors.)

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Consumers gain slight confidence

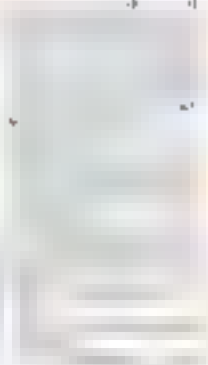
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By Phil...
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But prospects
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 says BSP pos.

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WHAT'S INSIDE

Calderon group
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DSP up call
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PNOC seeks to hike expressway toll anew

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DBP to sell P13B worth of bad loans, idle assets

RE Japan start
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program in South

By David J. ...

Effort to bring down NPL ratio

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Consumers gain slight confidence

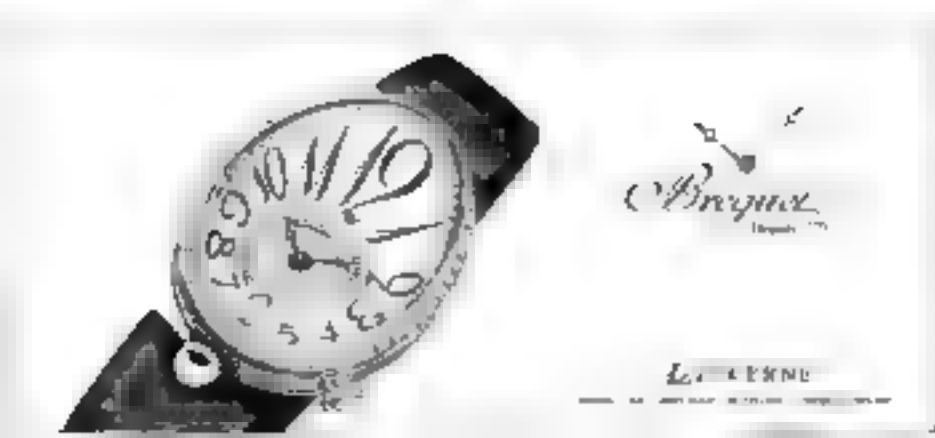
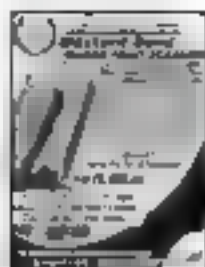
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LIFESTYLE

TABLE 1. *Summary of the results of the 1998 survey of the 100 most common species of fish in the Great Lakes. The table shows the number of species in each genus, the number of species in each family, and the number of species in each order. The number of species in each genus is shown in parentheses. The number of species in each family is shown in brackets. The number of species in each order is shown in brackets.*

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On sex drive, energy and beauty

There are a number of reasons why the results of the study may not be generalizable to other groups. First, the study was conducted in a single institution, and the results may be specific to that institution. Second, the study was conducted in a single country, and the results may be specific to that country. Third, the study was conducted in a single time period, and the results may be specific to that time period. Fourth, the study was conducted in a single population, and the results may be specific to that population. Fifth, the study was conducted in a single setting, and the results may be specific to that setting. Sixth, the study was conducted in a single context, and the results may be specific to that context. Seventh, the study was conducted in a single environment, and the results may be specific to that environment. Eighth, the study was conducted in a single culture, and the results may be specific to that culture. Ninth, the study was conducted in a single society, and the results may be specific to that society. Tenth, the study was conducted in a single world, and the results may be specific to that world.

the change that is now being made in the way the government is run. There is a new emphasis on the importance of the individual and the family, and a new emphasis on the importance of the community.



Elaine Orr
 Director
 Center for the Study of the Child

RESEARCH
The journal focuses on a range of topics, from clinical and public health research, to the use of health services, and the impact of health care on society.

There are many ways to use the data. You can use it to track the progress of your business, to identify areas for improvement, or to make strategic decisions. The data can also be used to create reports and dashboards that provide a visual representation of the information.

Chadwick


1. *Training a National Army*
(Wiley, New York, 1946, 320 pp., \$3.50)

A thoroughly comprehensive and lucid guide to the organization and training of a national army. The author, a former member of the British Army, discusses the various aspects of army training, from the basic physical and mental conditioning of the recruit to the advanced tactical and strategic training of the officer.

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Being Award	Interest Rate	Monthly Amortization
1 year	10.00%	\$ 4,433
2 year	10.00%	\$58,362
3 year	11.50%	\$70,465
4 year	12.00%	\$74,005

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Journal of Internal Medicine 255: 103–110

Preventing shoulder injuries in sports

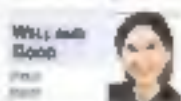
BY JIMMY KILPATRICK
 Shoulder injuries are common in many sports, and can be prevented by following a few simple guidelines. The first is to warm up properly before any physical activity. This helps to increase blood flow to the muscles and joints, reducing the risk of injury.

Second, it's important to use proper technique when performing any sport. This means avoiding awkward positions and movements that put excessive stress on the shoulder. For example, in baseball, pitchers should be taught proper pitching mechanics to prevent injuries like rotator cuff tears.

Third, strengthening the muscles around the shoulder is crucial for injury prevention. Exercises like rotator cuff strengthening and scapular stabilization can help build a strong, resilient shoulder joint.

Finally, it's important to listen to your body and rest when needed. Overtraining and pushing through pain can lead to chronic injuries. Taking breaks and allowing the shoulder to heal is essential for long-term health and performance.

By following these guidelines, athletes can significantly reduce their risk of shoulder injuries and enjoy a longer, healthier career in their sport. Remember, prevention is always easier than treatment.



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EXERCISE OF THE WEEK

One-legged squat

Form: The exercise is performed with one leg raised and the other foot flat on the ground.

Instructions: Stand on your right leg with your left leg raised straight out in front of you. Lower your body into a squat position, keeping your back straight and your core engaged. Push back up to the starting position.

Benefits: This exercise strengthens the quadriceps, glutes, and core muscles. It also improves balance and stability.

Equipment: None required.

